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LEARNING TO SWIM. it is to see beautiful child's face disfigured

IN ATHLETIC SPORT WHICH ONE SHOULD BEGIN EARLY.

wimming Brings Into Use More Muscles Than Any Other Exercise-The Methods of One Successful Teacher. Points That Will Help Many,

Every boy should learn to swim. To be a good swimmer it is in most cases neces-sary that a man should have learned when he was a small boy.

Never frighten a very small child with the idea of getting him used to the water. A good deal of harm is done by parents "ducking" children who don't want to go in the water. I see full grown, strong men who can never be at home in the water because their ways faightaned this water because they were frightened this way when children.

I have classes at the New York Athletic club for boys, mostly the sons of members, and I will tell you how I go to work with

Of course the breast stroke is the first stroke taught. That is the simplest and most natural way of swimming, being practically an imitation of the frog's method. In it the legs do nearly all the propulsion and the arms merely keep the body up. For the first three lessons I usually teach

a pupil how to work his legs. In swimming a set of leg muscles are brought into use which are not required in any terres-trial sport. The legs consequently feel stiff and sore at first and should not be overworked. It is a good thing to use a gymnastic apparatus bringing these muscles, which are inside the thighs, into play. The instruction in leg movements is given to the pupil while he holds onto the edge of the bath. He must open his legs wide in sending them out and turn his toes out. The two legs should describe an oval figure, not quite complete, as the heels should not come together. Those who

figure, not quite complete, as the heels should not come together. Those who teach theiring to the stomach.

Berg's Chor-To Gum is the best, try it once, and you will use no other afterwards. If any dealer you ask for it, has not got it, take no other, but go semewhere else. You will find all progressive dealers have it, that is the class of dealers to patronice always for anything you want. If you cannot understand this go to the frog and learn.

In bringing the legs back the feet should be straightened out so as to nearly form a line with the leg. Holding the feet at right angles to the legs hinders greatly.

In the fourth lesson the pupil learns the arm movements. He goes through them twenty times or so out of the water and then he goes into the water with a belt round his chest, to which is attached a line and pole, which I hold. In working his arms he must be taught to keep his fingers together and his hands flat on the water. The arms should be drawn back until the shoulder blades touch and no further. He must lie nearly flat on the water. The tendency to kick the heels out of water is easily checked. One cannot swim properly with the legs nearly in the posi-

tion for treading water.

In the course of two or three lessons with the belt and pole a pupil learns to swim a few strokes by himself. A good meaty boy can be taught, as a rule, in a much shorter time than a lean one. I have had a boy learn to swim in two lessons. Ten is the number more often needed. The beginner must breathe through his mouth, not his

A boy under my care usually spends five minutes in the water at the first lesson and ive additional minutes at every other leson until he reaches a maximum of about three-quarters of an hour.

The next thing to do is to teach him to dive. My plan is to make him stand on the edge of the bath and fall in head foremost. This is better than making him stand up-right and fall flat on his stomach in the water. He straightens himself out grada stand upright and dive second splash with them after the fore part of his body has entered the water. He must also keep those feet stretched out when he is in the water. If the feet are held at right angles to the legs they take three or four yards from the length of the

The boy is next taught to float, which is practically doing the breast stroke on the back. I don't teach them any stroke but the breast until they can swim about half a mile. The first stroke then to be taught is the side. This is an advance on the breast stroke, because the arms give more assistance to the legs in making progress.

Then comes the overhand stroke. A man swimming this stroke bears some resemblance to a porpoise, and it is as superior to the breast stroke as the action of the porpoise is to that of the frog.

In swimming the overhand stroke a man turns usually on his right side. He sends forward his right arm, sends out his legs and sends back his left arm, with hand flat against the water at the same time. When he prepares to draw in his legs and his right arm he takes his left arm, which he has carried back as far as possible, out of the water and brings it in front of his head This arm should be brought forward with bent elbow and with the point of the arm held so as to offer least resistance to air or

spray. There are two or three kinds of overhand strokes. There is the familiar English one. In this the taking of the arm out of water causes the body to sink, and three-quarters of every yard traveled is spent with the face under water. This is a splendid stroke for making time, but is very difficult. Moreover, the swimmer is liable to run his head into an obstacle because he cannot see three-fourths of the

I teach what is sometimes called the Sundstrom stroke and it obviates the last unpleasantness. I saw it used by the Indians on the Columbia river in 1869. The difference between this and the other is that the swimmer brings back his right arm with a downward motion, while the left arm is raised in the air. That downward motion keeps up the body, so that at least the left eye remains out of water. Not quite such good time can be made with this as with the English stroke.

Another thing to be done is to teach the boys to see under water. Nine out of ten ordinary swimmers close their eyes under water, as they should not. I make a boy get under water and count his fingers, holding them at first against his face and then at arm's length. I have boys who can pick up half a dozen nickels at the bottom of twenty feet of water. They can also get down to the bottom, starting from the surface of the water, which is a deal

harder than starting with a dive. Finally, let me say that swimming is a very fine athletic sport. There is none that brings so many muscles into use at once, and there is therefore no more thorough exercise. It is true that a man requires plenty of meat and warm blood to swim a great deal. A lean man has his advantages in making time, but if he swims to the extent of his muscular capacity he is liable to get chilled.—Gus Sundstrom in New York World.

with vile humors, bursting through the skin in pimples, blotches and sores, and sadder still, when the young and innocent are laughed at and twitted in all such cases. Parents should give them that good and pure remedy, Sulphur Bitters, which will search and drive out of the blood every particle of humor.-Health

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BURLINGTON, CEDAR I ern Railway Depot Fro Davenport, J. E. Hannegan, passenger agent.	APIDS & nt and Bra general	NORTE dystreet ticket an	
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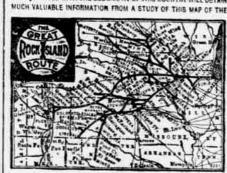
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Lv. Rock Island. S:05 am 2:29 pm Ar. Orion. S:05 am 2:29 pm Cambridge 9:05 am 3:27 pm Galys. 9:36 am 3:57 pm Wyoming 10:11 am 4:35 pm Princeville 10:30 am 4:55 pm Peorta 11:15 sm 5:40 pm Bloomington 1:15 pm, 9:15 pm Springfield 3:40 pm 10:20 pm Jacksonville 4:00 pm 12:26 n²t	()) (02
Jacksonville	Rock Island and Burlington

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Estate of Simon E. Fox Deceased.

The undersigned having been appointed administrator with the will annexed the estate of Simon E. Fox late of the county of Rock Island, state of Illinois deceased, hereby gives notice that he will appear before the county court of Roca Island county, at the office of the clerk of sale court, in the city of Rock Island, at the August term, on the first Monday in August next, at which time all persons having claims again; said estate are notified and requested to attend for the purpose of having the same adjusted. All persons indebted to said estate are requested to make immediate payment to the undersigned.

Dated this 9th day of June, A. D. 1892

EDWARD F. FOX, Administrator, with the will annexed.

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Estate of Simon E. Fox Deceased.

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For announcements of Excursion Rates, and local matters of interest, please refer to the local columns of this paper.

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